

FY2014 CHNA&HIP Progress Report

Van Buren County

Community Health Improvement Plan

| GOAL | Strategies | Progress on Strategies |
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| Decrease percentage of 11th graders who report easy access of tobacco from 78% in 2008 to 75% by 2016 based on the IYS. | Provide compliance checks for Van Buren County businesses. | The Van Buren County Sheriff's Department/Iowa State Patrol continues to perform compliance checks in our county businesses twice a year. In December of 2013, 6 businesses were checked and one was noncompliant. No one at this business had completed merchant training courses offered. In April of 2014, more compliance checks were completed and 100% compliancy was noted. |
| | Monitor and enforce current regulations. | Harmony School district in our county implemented a new code of conduct policy in the 2013-14 school year. There were some changes to the Van Buren school district policy that have been in place for a couple of years. School youth continue to remain active in the community through the SAFE Coalition, regarding policy change and attending educational workshops and trainings. The SAFE Coalition assisted the Van Buren County Welcome Center in developing and implementing a smoke-free ordinance. |
| | Provide community education. | The SAFE coalition in our county continues to involve youth from our school districts to advocate for policy changes in our communities and attend educational trainings and workshops to help promote change in the community. The SAFE Coalition held a Town Hall Meeting in April 2014 that focused on the newer tobacco products available today such as e-cigarettes. Town hall meeting included round table discussions and expert speakers. |
| | Review/update new evidence-based tobacco reduction and prevention strategies and programs. Implement as funding and resources are available. | Van Buren County Hospital Healthy Villages has completed multi-housing unit tobacco assessments and provided signage to units that were tobacco- free. They also offered Freedom from Smoking classes local factory employees. Healthy Villages has also promoted Quitline Iowa throughout the year. |

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| Decrease percentage of 11th graders reporting easy access to alcohol from 75% in 2008 to 72% in 2016 based on the IYS. | Provide compliance checks for Van Buren County businesses. | The Van Buren County SAFE coalition also offers merchant trainings for local businesses and their employees on alcohol laws and policies; these trainings continue to be offered 1-2x/month. |
| | Monitor and enforce current regulations. | Random compliance checks are performed on businesses twice a year in Van Buren County. The Van Buren SAFE Coalition and YLC youth occasionally attend community meetings to educate and inform community members about the importance of alcohol prevention/policy. |
| | Provide community education. | Van Buren County SAFE Coalition provides local business merchant training 1-2x/month for employees and business owners to learn alcohol sales laws and policies and how to ID people purchasing alcohol. The SAFE Coalition also hosted a Town Hall Meeting in April 2014 that addressed many issues including underage drinking. The coalition also sponsored a billboard in Keosauqua that addressed providing alcohol to minors and the consequences. |

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| Reduce coronary heart disease by 3 points as reported by the Iowa Health Fact Book. | Implement work-site wellness programs in at least 4 Van Buren County businesses. | Healthy Villages in Van Buren County continues to work with 5 worksites using their NEMS training to improve nutrition in vending machines that are used in these businesses. They also offered Freedom from Smoking classes local factory employees. Healthy Villages has also promoted Quitline Iowa throughout the year. |
| | Expand the Van Buren County Trails for exercise opportunities. | Concrete has been poured for the initial trails of the Keosauqua Riverfront Trail and funds have been secured to connect this trail to the Keosauqua Loop Trail. The county engineer is in the process of planning this connection. Healthy Villages is putting up 1/4 mile marker signs on the trails for participant reference. Health Villages in Van Buren County continue to have fitness centers in six of our villages. There is also a private fitness center in our county seat |
| | Evaluate/expand Healthy Villages community wellness program in each of the Van Buren County villages. | Healthy Villages in Van Buren County have purchased banners to place in worksites to educate employees about getting their blood pressure checked and cardiac health. They also sponsored a billboard in Keosauqua that also promoted cardiac health. |

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| Decrease the rate of hospitalization for diabetes by 3 points as reported by the Iowa State Inpatient Database, IDPH. | Increase participation in the Van Buren County Diabetes Management Program. | When a patient at Van Buren County Hospital or Clinics is a newly diagnosed diabetic they are referred to the Diabetic Management Program. Healthy Villages have sent two community members for chronic disease self management train the trainer classes. One class is planning to be held in August of 2014. |
| | Increase participation in the Healthy Villages program. | Healthy Villages continues to promote Live Healthy Iowa in our community and help facilitate worksite wellness programs. They have also trained two community members to teach peer driven chronic disease self management classes in our county. |

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| Decrease the rate of hospitalization for all cancers by 5 points as reported by the Iowa State Inpatient Database, IDPH. | Promote early detection of cancer by coordinating visits and providing services for screening programs such as mammograms, colonoscopies, etc. | Van Buren County Hospital and Clinics continue use a recall system to send out reminder card to patients that are due for mammograms or PSA tests. Colonoscopies are scheduled during well visits at the clinic. The Van Buren County Hospital now has digital mammography and has remodeled the mammography room into a spa like atmosphere. |
| | Coordinate visits and provide services and education for preventative care. | Education is given to clients at check ups when they fall into the criteria for needing preventative care at the Van Buren County Hospital and Clinics and appointments for the preventative care can be made that same day. The hospital has electronic health records and patients needing preventative care are flagged before their doctor appointment as a reminder to their provider. The hospital also has a care transition coordinator who checks with patients at home that they are keeping their appointments. |

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| Decrease the rate of hospitalization for pneumonia/influenza by 5 points as reported by the Iowa State Inpatient Database, IDPH. | Provide public influenza clinics. | Van Buren County Public Health conducted and promoted 10 different adult seasonal flu clinics for the public throughout the county from October 2013 to Nov. 2013. Public health also promoted flu vaccinations via posters in the community. Public Health also stocked a small amount of VFC children's seasonal flu vaccine. Van Buren County Hospital and Clinics also performed flu clinics throughout the county. |
| | Provide education on the pneumonia vaccination | Van Buren County Hospital continues to educate patients about the pneumonia vaccine at routine doctor appointments and at seasonal flu vaccine clinics. |
| | Provide educational opportunities to schools and early childhood centers regarding infectious disease prevention. | The Child Healthcare Nurse Consultant continually teaches proper hand washing to all daycare centers, home daycares, and preschoolers. Van Buren County Public Health continues to promote good hand washing technique to patients and to the public. |
| | Decrease tobacco use and exposure to secondhand smoke. | The Van Buren County SAFE Coalition continues to educate children and families in the county of the danger of tobacco use and exposure to secondhand smoke by way of newsletters, newspaper articles, and educational opportunities for county youth. Van Buren County Healthy Villages has promoted Quitline Iowa throughout the year and also offered Freedom from Smoking classes in a local factory with some participation. |

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| Increase the number of pregnant women receiving prenatal care during the first trimester to 90% as reported by the Iowa Barriers to Prenatal Care Project. | Provide a marketing campaign promoting the availability of early prenatal care provided by community organizations and the hospital. | Van Buren County Parents as Teachers promote early prenatal care while they are in the homes of families. Prenatal classes continue to be offered through the Van Buren County Hospital, these classes are advertised through the local newspapers, hospital website, and parents as teacher representatives and brochures are placed in the waiting rooms of all the rural health clinics. |

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| Reduce the number of overweight/obese children in second grade in Van Buren County by 3% as reported by the Van Buren Community School RN Report. | Provide evidence-based health promotion programs related to healthy lifestyles, nutrition, exercise for students. | The Van Buren County Parents as Teachers program continues to use an evidenced based nutrition curriculum they use for visits called High Five, Low Fat. Van Buren Community Schools continues to have a school gardening program. They also have a walking program directed by their physical education teacher. Both school districts also participate in the federal mandates for their food program that increases whole grains, fruits, and vegetables. Van Buren Schools also have a free summer lunch program for students. Van Buren Schools have recently passed a new wellness policy that will be implemented in the 2014-15 school year. |

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| Increase the number of children tested for blood lead levels as reported by the Iowa Health Fact Book. | Increase the number of opportunities for testing blood lead levels in children. | Lee County Health Dept. (Child Health) offers lead testing 1-2x/month at WIC clinics in our county. When they are unable to make a WIC clinic, American Home Findings (Maternal Health) has a contract with them to be able to provide this service also at the WIC clinics. Van Buren County Hospital Laboratory can also perform the lead testing when someone is at a well child visit and needs a lead screen. Lead screenings are on the list for the well child visits at Van Buren County Hospital as a reminder for the providers to address this. |

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| Van Buren County emergency responders and healthcare providers will receive at least one educational opportunity/training session in emergency response annually. | Provide a hazardous materials training session for Van Buren County emergency responders and healthcare personnel. | Van Buren County has had a HAZMAT refresher course for county officials in March 2014 and another will be held in August 2014. |
| | Ongoing assessment of training needs for emergency responders and healthcare providers. | Assessment remains ongoing for any new trainings that will help emergency responders and healthcare providers respond more confidently and efficiently to any disasters that may occur. Van Buren County Hospital, Van Buren County Public Health, and the Van Buren County Emergency Manager has established the Van Buren County Emergency Preparedness Coalition and will be able to provide funding for future training needs. |

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| Public Health infrastructure will be strengthened by improved access to mental health services for the residents of Van Buren County. | Mental health services will be reviewed and evaluated with a plan developed for improved services. | Van Buren County CPC continues to be very active in advocating for Van Buren County through the region mental health redesign meeting. The region has submitted a mental health plan to DHS for review in July 2014. She also reports progress to the Van Buren County Board of Supervisors on a regular basis. |
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| Increase the number of family practice providers to provide services in Van Buren County. | Recruit and retain family practice providers. | Van Buren County Hospital continues to actively recruit family practice and specialty providers using a recruiting firm. Van Buren County Hospital hosts several outpatient clinics and is affiliated with the University of Iowa. They added three new physicians and two new nurse practitioners to their staff since February of 2013. |
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| Reduce the rate of stroke in Van Buren County by 3 points as reported by the Iowa Health Fact Book. | Implement work-site wellness programs in at least 4 Van Buren County businesses. | Healthy Villages in Van Buren County continues to work with 5 worksites using their NEMS training to improve nutrition in vending machines that are used in these businesses. They also offered Freedom from Smoking classes local factory employees. Healthy Villages has also promoted Quitline Iowa throughout the year. |
| | Expand the Van Buren County Trails for exercise opportunities. | Concrete has been poured for the initial trails of the Keosauqua Riverfront Trail and funds have been secured to connect this trail to the Keosauqua Loop Trail. The county engineer is in the process of planning this connection. Healthy Villages is putting up 1/4 mile marker signs on the trails for participant reference. Healthy Villages in Van Buren County continue to have fitness centers in six of our villages. There is also a private fitness center in our county seat |
| | Evaluate/expand the Healthy Villages community wellness program in each of the Van Buren County villages. | Healthy Villages in Van Buren County have purchased banners to place in worksites to educate employees about getting their blood pressure checked and cardiac health. They also sponsored a billboard in Keosauqua that also promoted cardiac health. Healthy Villages is helping the villages of Bonaparte and Keosauqua in promoting their community gardens. Healthy Villages also has been promoting farmers markets in the county with a billboard and banners. |

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| Increase the availability of services for children ages 0-5 with an identified problem area of concern. | Evaluate community resources for program development. | Our Child Healthcare Nurse Consultant disperses a letter of availability listing available resources to parents in the county via childcare centers and preschools that she visits on a routine basis in the county. Children are screened routinely through Van Buren County Parents as Teachers program and when problems are identified PAT workers make the appropriate referrals, to programs such as Early Access. Our Children First board continues to support efforts of both of these programs in the county and also helps fund a school transition coordinator position. The Children First Board and PAT encourage use of ASQ testing to test for any delays or problems in child development. |

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| Decrease the rate of hospitalizations for chronic medical conditions, such as CHF. | Continue to manage patients with chronic medical conditions in their home environment. | Healthy Villages has trained two community members to teach peer driven chronic disease self management classes in our county. A class is planned for August of 2014. Van Buren County Public Health has an in home health maintenance program with a registered nurse that is used for chronic but stable population in the county. Van Buren County Hospital employs a care transition coordinator that makes sure people keep doctor appointment and follow ups after going home from the hospital. |
| | Provide early intervention by nurse to prevent hospitalization. | Van Buren County Hospital has electronic health records through Epic that now prompts home care referrals upon discharge from the hospital. Van Buren County Public Health responds to home care referrals in a timely, effective manner. |
| | Coordination of care with medical home. | Van Buren County Public Health and Seneca case management continue work closely with clients that have a medical home and coordinate care with the medical homes. Van Buren County Hospital has an employee dedicated as an outreach care coordinator. |
| | Provide medication management. | Van Buren County Public Health has a health maintenance program that includes assist with medication management for chronic but stable patients. Currently our agency has 15 health maintenance clients and we perform medication set up to 9 of these clients. We also provide medication reconciliation with every admission. |

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| Maintain elderly residents in their home environment by assisting them with their basic activities of daily living. | Provide the essential services needed by the elderly with chronic medical conditions to remain in their home. | Van Buren County Public Health continues to provide home care services to elderly in our county through skilled nurse, home care aide, and homemaker services. These services are funded many different ways such as our local public health state grant, Medicare/Medicaid, elderly waiver services, and veterans administration, etc. |